



# Reversing Diabetes Cookbook: More Than 200 Delicious, Healthy Recipes

*Julian Whitaker, Peggy Dace*

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Now, it's even easier for readers to reduce, or even eliminate, dependency on insulin and oral drugs. Dr. Whitaker has created more than 200 delicious, kitchen-tested recipes, from appetizers to entrees, side dishes, desserts, and more. With full nutritional breakdowns provided, it's never been simpler for readers to manage their diabetes.

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